

**IN THE CLAIMS:**

1. **(Currently Amended)** An actuator comprising a reversible motor, a transmission operatively connected to the motor, a spindle with threads, said spindle operatively connected to the transmission to rotate the spindle multiple revolutions, a movable adjustment element having threads in engagement with the threads of the spindle for moving the movable adjustment element along the spindle, a cylindrical part which is fixedly mounted relative to the motor, a rotating element attached to an end of the spindle and rotatable by the motor, a coil spring with a first end secured to the rotating element, said coil spring being arranged on the cylindrical part and with ~~the~~ a direction of winding such that the spring exerts a braking effect on the adjustment element in one direction of movement thereof in that the spring is ~~tight~~ tightened around the cylindrical part, said braking effect being adapted such that it may be overcome by the motor, and wherein ~~the coil spring has the first end secured to a rotating element and the~~ an axis of the coil spring arranged is in alignment with an axis of the rotating element so that the spring is carried along in the rotation on the cylindrical part ~~which is static in relation to the rotating element.~~

2. **(Currently Amended)** An actuator according to claim 1, wherein the cylindrical part ~~is of~~ comprises metal ~~in full or in part.~~

3. **(Previously Presented)** An actuator according to claim 2, wherein the cylindrical part has core of metal provided with a plastic bushing thereon secured against rotation, at least on a part where the coil spring is arranged.

4. **(Currently Amended)** An actuator according to claim 2, wherein the cylindrical part ~~is of metal with~~ comprises axially-extending strips of plastic on which the spring is arranged.

5. **(Currently Amended)** An actuator according to claim 1, wherein the cylindrical part forms part of a bracket fixedly mounted on the front end of the motor.

6. **(Currently Amended)** An actuator according to claim 1, wherein the transmission comprises a worm drive with a worm and wherein said rotating element is a worm wheel, said coil spring having its one end connected to the worm wheel.

7. **(Currently Amended)** An actuator according to claim 6, wherein the coil spring ~~is~~ includes a radially outwardly bent end at its one end secured to the worm wheel ~~with a radially outwardly bent end~~.

8. **(Currently Amended)** An actuator according to claim 6, wherein the coil spring ~~is~~ includes an axially bent end at its one end secured in a hole in the worm wheel ~~with an axially bent end~~.

9. **(Currently Amended)** An actuator according to claim 1, ~~wherein the coil spring is externally surrounded by~~ including a heat-

conducting metal shield around the coil spring to convey heat away from the spring.

10. **(Currently Amended)** An actuator according to claim 1, wherein the coil spring ~~is of~~ comprises metal wire, and wherein the wire ~~forming the spring~~ has a four-sided, circular or oval cross-section.